



NOVEMBER TIP SAVINGS: Over \$100/YR

Improved Health & Safety : Priceless

\$ USTAINABILITY \$ AVINGS TIP

GREENER CLEANING OPTIONS DURING THE PANDEMIC

How to protect yourself from COVID-19 in the least toxic way possible.

You're not the only one confused on what might be the best "natural" or "green" way to clean your home. You want something that will get rid of the coronavirus, but not necessarily leave behind harmful chemical residues or fumes that can cause a variety of other health effects.

Cleaning vs. Disinfecting: There is an important difference between cleaning and disinfecting. Cleaning gets rid of germs and dirt from surfaces or objects. While it doesn't necessarily kill germs, it does reduce their numbers and the risk of infection by just removing them. Disinfecting, on the other hand, actually kills germs on surfaces or objects by using chemicals. It doesn't physically remove germs but kills them in place. However, many of these products like bleach, or [quaternary ammonium compounds](#) can irritate skin and airways.

**SAFER
DISINFECTANTS
are out there!**

Safer Cleaning Products:

- EPA has created a new **SAFER CHOICE** label to help consumers select the best products. Learn more about it at epa.gov/saferchoice.
- Read labels and look for plant-based ingredients, natural enzymes, and essential oils (see natural recipes on page 2). If you purchase a stronger product, buy only what you need.
- Follow label instructions on the product. Using an excessive amount will only result in greater danger to you and the environment.



Safer Disinfectants:

- EPA created a list of ['least hazardous' disinfectants](#) for use against COVID-19. Find brand names at the site.
- Safe disinfectant ingredients that are effective against the novel coronavirus include alcohol (ethanol, isopropyl), hydrogen peroxide, L- lactic acid, citric acid, peroxyacetic acid, and sodium bisulfate.
- Remember that even products with safer active ingredients should be used with care, and make sure you have good ventilation when using them. Learn much more on this topic at [Because/Health](#).

TIPS

- ☐ Be cautious with your purchases so that you do not end up with a chemistry lab of compounds on your shelves. If you do not use up all of the product, you can't just throw it in the garbage (or flush it down the toilet) where it may pollute soil, water, groundwater, and rivers.
- ☐ If you decide to stop using products, you can bring your items to our **Household Hazardous Materials facility**, Wednesday thru Saturday, from 7 a.m. to Noon. Location: 2412 N. Center Street.
- ☐ Don't forget that we also accept paint, electronics, appliances, tires, oil, pesticides and more. Find a full listing of acceptable items and learn more about our [Household Hazardous Materials Program](#).

\$START \$AVING

Start saving money by avoiding the purchase of unnecessary or hazardous products. Remember that safer or nontoxic alternatives exist for many of the everyday products needed around the home. Not only can switching to safer alternatives have a positive impact for you and your family, it will also benefit the environment. Best of all, the desire for friendlier products will send a message to manufacturers. Do your part for *building a sustainable community*. Visit mesaaz.gov/sustainability for more ideas.



Learn to live Green

Natural Recipes for Home & Garden

These recipes can help to make your home & garden more environmentally friendly. Try these recipes as alternatives to household hazardous products. As with other products used in your home, try these in small and inconspicuous areas first, and always follow manufacturers' cleaning recommendations on furniture, fixtures and carpets.

HOUSEHOLD RECIPES:

All Purpose Cleaner: Mix one quarter cup of vinegar with one gallon of hot water. Keep on hand in spray bottle.

Abrasive Cleanser: Mix equal parts of salt and baking soda. Scrub with mixture and wet sponge. Rinse with all-purpose cleaner and then with warm water.

Ant Repellents: Place chili powder, talcum powder or powdered chalk at points of entry.

Bathroom Cleanser: Scrub area with baking soda and wet sponge. Rinse with all-purpose cleaner.

Brass or Copper Polish: Mix one teaspoon salt, one tablespoon flour and enough vinegar to make a thick paste. Rub paste on surface and let dry completely. Rinse in warm soapy water, buff with clean soft cloth.

Drain Cleaner: Pour one quarter cup of baking soda down the drain: follow with one-half cup of vinegar. After "fizzing" stops, flush with boiling water.

Floor Cleaner: Mix one-half cup of white vinegar with one-half gallon of warm water.

Furniture Polish: Mix together one-half cup of lemon juice with one cup of mineral oil. Rub on wood furniture with soft cloth. A mixture of 3 cups olive oil and 2 cups vinegar can also be an effective polish, just rub on wood with a soft cloth.

Pet Stain Cleaner: Mix together one quarter cup of white vinegar and one quarter cup of liquid soap. Rub into stain and then blot. Rinse with warm water.

Silver Polish: Put a sheet of aluminum foil in the bottom of the sink and fill with two to three inches of warm water. Add one tablespoon each of salt and baking soda. Place silver in water, touching foil. Soak for one hour. Rinse in soapy water. Buff with soft, dry cloth.

Window Cleaner: Mix together three tablespoons of vinegar and one quart of hot water. Put in spray bottle. Spray on windows and glass. Wipe off with crumpled newspaper or a squeegee.

Oven Cleaner: Scour with baking soda and water. To prevent grease buildup, always clean spills as soon as the oven cools down.

Laundry Detergent: Try borax or baking soda. Add a few drops of vinegar to keep colors bright.

NATURAL RECIPES FOR A PEST-FREE GARDEN:

A beautiful and healthy garden is possible without the use of expensive and often hazardous chemicals.

All-purpose insect spray:

1 garlic bulb

1-quart water

1 small onion

1 tbsp cayenne pepper

1 tbsp liquid soap (hand or dish soap only).

Chop or grind garlic and onion, add cayenne and mix with water. Let stand 1 hour, then add liquid soap. Store in a covered jar in the refrigerator up to one week. Use as a spray wherever insects are causing a problem.

ANIMAL REPELLENT SPRAYS:

Use a spray on the plants and yard area where these animals are causing problems.

Cats:

2 parts cayenne powder

1 garlic

3 parts dry mustard powder

5 parts flour

Add sufficient water

Dogs:

1 medium onion

1-quart water

1 tsp Tabasco sauce

Add sufficient water

Squirrels:

1/2 oz. Tabasco sauce

1 tsp chile powder

1-pint water

Dash of dish soap

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